

Beef Vindaloo Recipe

Ingredients: Serves 4-6

5 dried red chilies, broken into small pieces
1 teaspoon cumin seeds
1 tablespoon black peppercorns
1½ tablespoons finely grated fresh ginger
1½ tablespoons crushed garlic
½ teaspoon ground turmeric
¾ cup (180ml) vegetable oil and melted unsalted
butter combined
750g yellow (brown) onions, about 4½ medium, finely chopped
1 teaspoon salt, plus extra salt to taste
1kg beef chuck, excess fat removed, cut into 1½-inch pieces
about 4 cups water
4 fresh green chilies, slit lengthwise
½ cup white vinegar
½ teaspoon tamarind concentrate
½ teaspoon sugar
steamed basmati rice, for serving

Method:

In a spice grinder, grind dried chilies, cumin seeds and peppercorns to a powder. Place in a bowl and combine with ginger, garlic and turmeric. Set aside. In a karhai or frying pan, heat oil and butter mixture over medium-low heat. Add onions and 1 teaspoon salt, and cook, uncovered, stirring often, until onions are dark golden brown, 20-25 minutes. Raise heat to medium-high and add beef. Cook, turning beef pieces, for 5 minutes. Add spice mixture and cook, stirring, until fragrant, about 2 minutes. Pour in enough water to cover beef. Add fresh chilies and bring to a simmer. Cook over low heat, partially covered, stirring occasionally, until liquid is reduced by half, about an hour. Stir in vinegar, tamarind and sugar. Taste and add salt if necessary. Cook, uncovered, until sauce reduces and thickens, about 30 minutes. Serve hot with steamed rice.